



SECOND COAST GUARD DISTRICT-APRIL-1978

## VICE COMMANDANT VISITS ST. LOUIS



VADM Perry is piped aboard the Cutter OBION during his tour at Base St. Louis. RADM Caldwell accompanied the Vice Commandant on his visit. (photo by PA2 Reese)

Vice Commandant, VADM Ellis L. Perry, visited St. Louis in mid-March and was the guest speaker at the Second District's annual "Marine Industry Day."

VADM Perry spoke to representatives of the marine industry on tanker safety and proposed tankerman regulations.

VADM Perry updated the attendees on the progress being made on proposed programs on the national and international level to reduce the risks associated with marine transportation of oil. The service is making efforts to deal with this global problem through the Intergovernmental Maritime Consultative Organization (IMCO), the Admiral said. He noted that through this international forum, most of the pollution prevention "initiatives" of this past year had been achieved.

Part of this program, on the national level has been "to study and evaluate design, construction, and equipment standards for tank barges which carry oil," VADM Perry said, a topic the Coast Guard had been studying. Some of the factors being considered are, causes of spills, industry's own efforts to decrease risk of spills, the economic and environmental impacts of any future proposed regulations.

In concluding remarks, VADM Perry reminded those present, "We are responsible for the facilitation of transportation, but not at the expense of safety . . . which has tradition-

ally been our prime concern . . . nor at the expense of the environment."

VADM Perry's two day visit also included tours of Coast Guard Base St. Louis, Lock and Dam 26, the American Commercial Barge Line Dock, and a speech to the Eastside Riverman's Association.



VADM Perry spoke to marine industry representatives at the "Marine Industry Day" conference. RADM Caldwell and industry representatives look on. (photo by PA2 Reese)

## MSO CONFERENCE

The Second Coast Guard District's annual Marine Safety Conference was recently held in St. Louis, March 13-17.

Commanding Officers of the nine District MSO's attended this five-day conference and were welcomed by Second District Commander, RADM Wayne E. Caldwell. Coast Guard Headquarter's officials from the Merchant Marine Safety and the Marine Environmental Systems Divisions also participated in the conference.

On March 15th, the attendees met with marine industry representatives for the Second District's annual "Marine Industry Day." In addition to frank discussions of various Coast Guard policies and programs, the day was highlighted by remarks from the special guest speaker of the meeting, Vice Admiral Ellis L. Perry, Vice Commandant of the Coast Guard (see related article and photos).

Mr. Kenneth E. Biglane, EPA director of the Oil and Special Materials Control Division, met with conference attendees in a panel discussion. This session was centered around amendments to the Federal Water Pollution Act (Clean Water Act of 1977). Duties of the "On Scene Coordinator" and Contingency Planning were discussed with 12 state EPA representatives and the six Federal Regional EPA representatives who cover areas in the Second District.

## PROMOTIONS

Congratulations to the following Second District Personnel on their recent promotions:

LT L.R. Heller	EM2 C.L. Marks
LTJG J.D. Jackson	SK2 J.D. Cox
LTJG S.F. Kane	SS2 T.G. Brown
LTJG J.M. Hunt	HM2 E.J. Wootten
CWO2 L.C. Jones	MK2 P.W. Truitt
QM1 L.C. Bailey	MK2 N.J. Evans
QM1 G.L. Simpson	MK2 C.L. Johnson
MK1 M.K. Simpson	MK2 D.G. Rodencal
MK1 J.W. Pettit	MK2 B.E. Winn Jr.
MK1 W.C. Rowland	SS2 W.A. Tullners
SS1 E.E. Barrett	SS2 E.W. Rodriguez
BM2 M.W. Ashcroft	SS2 R.S. Crowley
ET2 L.A. Pendleton	SS2 E. Olender Jr.
DC2 P.D. McGill	BM3 P.G. Tacker
DC2 D.A. Gross	MK3 W.E. Chapman
DC2 R.J. Hogan	YN3 F.W. Price
DC2 D.V. Rancourt	SK3 M.A. Munizza
EM2 T. Maushardt	SN D.R. Frank

## CHAMPUS NEWS

A new cost-share requirement has gone into effect for inpatient care received from civilian sources by spouses and children of active duty Servicemembers under CHAMPUS the Defense Department has announced.

Spouses and children of active duty Servicemembers are now paying \$4.40 per day with a minimum cost-share requirement of \$25 if they are hospitalized for less than six days.

By law, the inpatient cost-share requirement under CHAMPUS for spouses and children of active duty Servicemembers is based on the charge at Uniformed Services hospitals.

Inpatient charges at Uniformed Services hospitals are adjusted periodically to reflect changes in Uniformed Services pay, according to a Defense spokesman. Dependents of active duty, retired, and deceased Servicemembers are currently being charged \$4.40 per day for inpatient care at Uniformed Services hospitals. The past charge was \$4.10 per day. This increase from \$4.10 per day to \$4.40 per day is approximately the same percentage as the pay raise that went into effect earlier this year.

### DISTRICT COMMANDER

RADM Wayne E. Caldwell

Chief of Staff

CAPT William L. Webster

Public Affairs Officer

LTJG Gabriel O. Kinney

Editor

PA2 James F. Mogensen

Staff

PAC Donald G. Wood

PA2 Reginald V. Reese

SA Dona R. Frank

CHAMPUS Consolidated Prescription Drug Reimbursement Form 198 can no longer be used for submitting a prescription drug claim according to officials of the Program. Instead, it will be necessary to attach itemized receipts to a regular CHAMPUS claim form.

Each receipt must show the name of the drug, the name and address of the pharmacy where purchased and the prescription number.

Beginning January 1, 1979, drug strengths will be required for all prescription drug claims.

## RIVER CURRENTS — 1958

"Lamplighters will soon be faded into the past. The river tenders are replacing the kerosene lamps with battery-powered lights.

When the new lights are in, rivermen will no longer have to rely on local knowledge to navigate at night. The new light will flash a signal to indicate left or right."

## New Social Security Tax

Effective Jan. 1, 1978, Congress approved an increase in Social Security tax withholding resulting in slightly lower take-home pay for military members.

Selected examples of changes in annual social security taxes are reflected in the chart below:

Pay Grade	Years of Service	Old Social Security Taxes	New Social Security Taxes	Annual Increase
O-7	28	965.25	1,070.85	105.60
O-6	22	965.25	1,070.85	105.60
O-5	16	965.25	1,070.85	105.60
O-4	10	965.25	1,070.85	105.60
O-3	4	898.84	929.57	30.73
O-2	2	647.38	669.52	22.14
O-1	2	514.50	532.09	17.59
W-4	26	965.25	1,070.85	105.60
W-3	20	933.59	965.51	31.92
W-2	16	786.59	813.48	26.89
W-1	10	647.38	669.52	22.14
E-9	22	923.69	955.27	31.58
E-8	18	750.58	776.24	25.66
E-7	14	633.70	655.36	21.66
E-6	8	506.70	524.03	17.33
E-5	4	416.15	430.37	14.22
E-4	3	375.50	388.34	12.84
E-3	2	323.06	334.11	11.05
E-2	2	311.06	321.69	10.63
E-1	2	279.05	288.59	9.54

Old Tax Rate—5.85%  
New Tax Rate—6.05%

Old Maximum Wage Base—  
\$16,500  
New Maximum Wage Base—  
\$17,700

An unofficial publication, RIVER CURRENTS is published under the direction of the Public Affairs Office.

News, feature stories and photographs are solicited from all Coast Guard personnel. Material will be published on a space available, news, significance basis and by-lines may be given, if requested.

## APRIL IS CANCER MONTH

Cancer is a year-round enemy, but during April, National Cancer Control Month, there is special emphasis on making everyone more aware of cancer causes, symptoms and control. It may save your life.

Some types of cancer can be prevented. Although cancer is a deadly disease when it has become widespread in the body, in its early stages, it can be cured.

There are a series of tests that detect cancer, such as the Pap test for women,

breast examination, and procto test for men and women—especially those older than 40.

There are also Seven Warning Signals which tell you to check with a doctor.

Only your doctor can tell if a warning sign is cancer.

### SEVEN WARNING SIGNS

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge

- Thickening or lump in breast or elsewhere
- Indigestion or difficulty in swallowing
- Obvious change in wart or mole
- Nagging cough or hoarseness

Take the following cancer quiz to test your knowledge about a disease which is the Nation's second biggest killer. This quiz asks questions—and gives answers—about measures you and your family can take to protect yourselves against cancer.

## CANCER QUIZ

**1. What is the best way to protect yourself against cancer?**

- a. Have annual checkups
- b. Eat natural foods
- c. Exercise daily

**2. Which of the following statements about breast cancer is true?**

- a. Breast cancers are the result of a blow
- b. Birth control pills increase the chance of breast cancer
- c. Most women discover their breast lumps themselves

**3. Breast self-examination can help find cancer early when it is most curable. How often should a woman practice it?**

- a. Just before a visit to the doctor
- b. Once a month
- c. Whenever she feels like it

**4. What percentage of breast lumps actually are cancerous?**

- a. About 90%
- b. About 20%
- c. About 50%

**5. If breast cancer is detected and treated early before it has spread, what are the chances of being saved?**

- a. 85%
- b. 45%
- c. 25%

**6. What helps save more older adults from cancer than any other procedure in a health checkup?**

- a. Protoscopy
- b. Chest X-ray
- c. Urinalysis

**7. How many years longer can a man of 25, who has never smoked, expect to live than a man**

**of 25 who smokes 20 to 30 cigarettes a day?**

- a. 1 year
- b. 3 years
- c. 6½ years

**8. Normally, if you stop cigarette smoking, actual benefits to the body will begin**

- a. Within six months
- b. Almost immediately
- c. After one year

**9. Fewer women die of cancer of the cervix today because of what simple, quick test?**

- a. Tine test
- b. Pap test
- c. Rabbit test

**10. What is your best everyday protection against cancer?**

- a. Knowing the seven warning signals
- b. Jogging
- c. Taking multi-vitamins

ANSWERS  
1:A,2:C,3:B,4:B,5:A,6:A,7:C,8:B,9:B,10:A

### Service Wide Reminder

All personnel are reminded that appropriate non-resident courses must be completed in order to meet the course requirement for advancement. Courses for AEC, ASMC, DTC, HMC, and RMC have been available since July 1977. Waivers for course completion in

these rates will not be approved for the September 1978 servicewide examination.

Courses are *not* available for MST1 and PA2. Commanding officers are authorized to waive the course requirement for servicewide examination participation in these rates.



## STRESS!

Stress. It's a word we hear a lot, and it's part of our everyday existence. Although we can't get rid of stress, we can learn to cope with it.

Stress results from both physical and mental/emotional activity. Stress from emotional frustration is more likely to produce disease, such as ulcers. Physical exercise, on the other hand, can usually help people deal with mental stress.

Here are some tips to help you get a handle on stress:

•**Work if off** — If you're angry or upset, try to blow off steam physically by running, playing tennis, or even taking a walk. Physical activity allows you an outlet for mental stress.

•**Talk out your worries** — It helps to share worries with someone you trust and respect. If you find yourself becoming preoccupied with emotional problems, it might be wise to seek a professional guidance counselor or psychologist. This is not admitting defeat. It's acknowledging you are an intelligent human being who knows when to ask for help.

•**Learn to accept what you cannot change.**

•**Avoid self medication** — Many chemicals can mask stress symptoms, but they don't help you adjust to the stress itself. Remember: the ability to handle stress comes from within you, not from the outside.

•**Get enough sleep and rest** — Lack of sleep can lessen your ability to deal with stress. If stress repeatedly keeps you from sleeping, tell your doctor.

•**Balance work and recreation** — All work and no play can make anyone a nervous wreck.

•**Do something for others** — It will get your mind off yourself and the stress-causing situation.

•**Take one thing at a time** — It's defeating to tackle all your tasks at once.

•**Give in once in a while** — Try giving in instead of fighting and insisting you are always right. You'll find that others will begin to give in, too.

More ways of coping are discussed in a new "Stress Fact Sheet," available free from the Consumer Information Center, Dept. 581F, Pueblo, Colo. 81009.

## \*\*\* RIPPLES \*\*\*

Congratulations to the following Second District Personnel for a job well done. BMCM F.H. Rodgers Jr. and BMCM Stites are current recipients of Officer in Charge Performance Pay. Chief Rodgers is the OIC at ANFAC Vicksburg, and Chief Stites is the OIC at ANFAC Sallisaw.



BMC Harry H. Carr is receiving a retirement plaque from CDR T. Wood, CO of MSO Huntington, W.V. Chief Carr retired on March 1, 1978 after serving 20 years of active duty in the Coast Guard.



CWO4 (BOSN) Howard A. Carande is receiving congratulations upon his retirement from the Coast Guard from CDR T. Wood. Mr. Carande retired after 30 years of active service in the Coast Guard and the U.S. Navy.



Mr. Ralph W. Price is being sworn into the Coast Guard Reserve by CDR T. Wood. Mr. Price was sworn in on February 21, and received his commission as Ensign. Mr. Price is a graduate of the Merchant Marine Academy. He is employed by Ashland Oil, Inc. Mr. Price will be assigned to CGRU, Charleston, W.V.



Brian D. O'Grady was sworn into the Coast Guard Reserve by his father, LCDR V. J. O'Grady, Chief of Readiness and Intelligence. Swearing in ceremonies took place on March 11. Brian will undertake basic training this summer.

